



JANUARY 2012

HOLIDAY TIPS

WASHINGTON – Holiday cheer and merrymaking may be everywhere this time of year, but for thousands grieving the loss of a loved one, the holiday season can be an emotional minefield. And there's no roadmap for easy navigation.

"The holiday season can be particularly challenging for families who are grieving the recent death of a loved one," said Bonnie Carroll, the founder and executive director of the Tragedy Assistance Program for Survivors (TAPS).

SPECIAL POINTS OF INTEREST:

- Tri-Care
- Sibling Survivors
- First Year Advice
- Gold Star Dads
- Scholarship
- Support Groups
- Roll Call

Coping with grief over the death of a loved one during holidays can be difficult. Memories of holiday traditions shared with a loved one who died may be painful. Somehow, mourners must navigate an emotional roller coaster ride during the holidays that can be bittersweet with nostalgia and happy memories, and at the same time, feel painfully cruel and isolating.

"TAPS offers comfort and care to the families left behind following a death in the military, and these holiday tips are applicable to anyone who is grieving the loss of a loved one and coping with grief during the holidays," said Carroll. TAPS offers the following tips to help anyone who is grieving the death of a loved one during the holiday season.

Take charge of your holiday season. Anticipating the holiday, especially if it's the first one without a cherished family member, can be worse than the actual holiday. Taking charge of your holiday plans, and mapping out how you will spend your time, can help relieve anxiety.

Make plans. Plan to spend the holidays where you feel nurtured, emotionally safe, and comfortable. Having a plan will help you navigate the holiday season and its activities. But remember to plan for flexibility, as you may not know how your emotions will respond, especially if it is your first holiday season after the death of a loved one.

Find sustenance for the soul. Your church, synagogue, mosque, or other faith community may offer services, resources, and support networks for the bereaved. You may want to look for a support group for people who are grieving and have suffered a similar loss. Families who have lost a loved one serving in the military may find comfort by connecting with other survivors through the TAPS online community, peer support groups, peer mentors, or care groups.

A YOUNG WIDOW'S LIFE AFTER HER HUSBAND'S DEATH

BY NIKKI LOMAX-LARSON

Her screen name on our military wife forum was “Pink Bamboo.” But in late January of 2005, we all came to know her by her first name: Emily. She was a young wife, 22 years old and married less than a year. Her husband had deployed to Iraq from Fort. Lewis, Washington.

I remember the day all of this happened because I had been traveling for a work assignment. I unpacked at my hotel, logged onto my e-life and hit the military spouse board. I immediately saw the thread titled “My DH was just killed,” which was about 60 pages long and counting. That thread stayed at the top of the forum for days.

“She was clinging ... for dear life.”

That Saturday evening, all she knew was that her husband was dead; the Army hadn't yet released the details. You could feel her grief through the keyboard. She was clinging to her invisible friends on the Internet for dear life. All the rest of us were clinging right back.

The message-board traffic was extremely busy, and stayed busy until her husband's funeral. No one wanted to leave her alone. We didn't want to be alone. There was now an unspoken understanding that this could happen to any of us. Our little Internet cocoon was no longer safe from death or grief.

In the following days, Emily told us the details of her husband's death. He had been on patrol, handing out pamphlets and encouraging Iraqis to vote in the upcoming elections when he was killed by a sniper's bullet.

The funeral announcement was posted on the board, and wives that were within a day's travel drove-or flew-in to attend. The rest of the members of the board took up a collection and sent roses the colors of the Web site.

Slow healing

Over two years have passed since Emily lost her husband. After the funeral, she stayed away from the message board for awhile. I think the board reminded her of the life she had, so cruelly taken from her. And I'd be lying if I didn't say her presence probably made some of the other military wives uncomfortable. She was a reminder of our husbands' mortality—the daily danger they face, and the grief and heartache any one of us could also face at any moment.

In the two years since becoming a widow, she's graduated from college, landed her first real job, bought a house and started dating again. Late last year, she announced to the board that she was engaged to be married. As hard as it is to imagine, life can—and does—go on. Emily has been a wonderful example of how resilient military spouses can be.

Please visit <http://www.milspouse.com/> for information on being a military spouse.

SURVIVOR BENEFITS ENHANCEMENTS UNDER TRICARE DENTAL

TRICARE Dental Program (TDP) survivor benefits have changed as a result of legislation that has recently been approved by the U.S. Congress. As a result, the TDP survivor benefit is now available to a larger segment of the military population and provides extended care to children of survivors. Current TDP enrollees do not have to take any action for the new benefits to take effect. Beneficiaries not currently enrolled in the TDP can [enroll online](#) now for coverage to be effective as early as November 1, 2011.

Key changes include the following:

- Survivors do not need to have prior enrollment in the TDP at the time of the sponsor's death to receive the TDP Survivor Benefit. In the past, enrollment was required to be eligible for benefits.
- Surviving children are eligible to receive survivor benefits through the end of the month in which they turn age 21, or 23 if enrolled in a full-time accredited college or university. Additionally, incapacitated children are eligible to receive TDP coverage for the greater of: 1) three years from the sponsor's date of death, 2) the date which the dependent turns 21, or 23 if enrolled in a full-time accredited college or university. This is an increase in coverage from the three years children received prior to legislation.
- Eligible surviving family members not enrolled in the TDP at the time of the sponsor's death will be notified by the Government of their eligibility for enrollment in the TDP. The surviving spouse, parent, or dependent 18 years of age or older may [complete the enrollment process](#) for the TDP Survivor Benefit to take effect*.

To review the survivor benefit in its entirety, visit the [Benefits section](#) of the TDP website.

*Legal guardians and custodial parents of survivors may download our [paper enrollment form](#) and complete as a New Enrollment. The form can then be mailed or faxed with a copy of proof of custody or guardianship, including applicable signature/notary pages of the court order. For survivor enrollments please do not include an initial payment.

You may fax documents to 1-888-734-1944 or mail to the following address:

United Concordia/TDP
PO Box 827583
Philadelphia, PA 19182-7583

SIBLINGS OF MILITARY CASUALTIES OFFERED HELP

BY AMI NEIBERGER-MILLER

A sibling relationship should be a lifelong friendship, but for those losing a brother or sister who served in the military, the pain and sorrow can be overwhelming. Adult siblings left behind must contend with their own grief and shock, adjust to an altered family structure and assume new responsibilities.

To help brothers and sisters cope, the Tragedy Assistance Program for Survivors, TAPS held its first weekend retreat for siblings in 2008. The retreat was modeled after the organization's regional seminars, which help surviving family members process their grief reactions, develop coping skills, and establish support networks.

"Siblings often experience what is known as disenfranchised grief," said Stephanie Frogge, director of peer support programs for TAPS. "Everyone asks how their parents are doing, but no one asks how they are coping with their loss. This heightens their feelings of isolation and grief."

Peer support programs, like the one TAPS provides, often play a critical role in healing from the traumatic loss of a loved one. Jenny Claiborn, 24, of Wister, Okla., told a reporter from the San Antonio Express-News that she struggled to grieve after her brother, Buddy Hughie, died in Afghanistan. "As soon as I got home, the questions I got were, are they (her parents) OK? Are you making sure they're eating? I answered the phones. I arranged the funeral. I don't feel I ever had time to sit down and grieve the way I should have."

Those still fresh in their grief and loss, turned to others for advice. Casey Umbrell, 24, of Savannah, Ga., lost her brother, Colby Umbrell, in 2007 and saw her fiancé deployed to Iraq only a week after Colby's death.

She told the San Antonio News-Express that talking with other brothers and sisters through the network and at the retreat is helping her cope. She noted that you never "get over it" and said, "It doesn't get easier, it gets different."

Debra Shirley, 38, of Mount Sterling, Ohio, lost her brother Nathan Shirley twelve years ago in a helicopter crash has a more long term view. "It never goes away but you do incorporate it into your daily living. It's like a scar – not readily apparent to others but you're aware of it. As I get older Nathan's death means different things to me. He and I were going to help my parents make decisions when they got older and now it's just me."

Membership in the TAPS sibling support network is free and designed for individuals who have lost a brother or sister serving in the Armed Forces. To sign-up go to the TAPS website at www.taps.org or call 800.959.TAPS (8277).

"How grief is experienced is mirrored by the relationships affected," said Bonnie Carroll, who founded TAPS in 1994 with other surviving military families, following a National Guard plane crash that took the lives of 8 soldiers, including her husband, Brigadier General Tom Carroll. "If you are a big brother and you lose your younger sibling, your identity is impacted. Your parents are now grieving the loss of a child and that also affects family relationships. There is a caring community within TAPS to help siblings."

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I've been thinking a lot lately about the things that work for me in this whole "moving on" process and I wanted to share. I feel I've done an ok job with handling it. Due partly to the fact that a lot of these skills were learned while he was injured. Things weren't easy then either. It has to be harder for widows who really never had to experience pain or really, really tough times with their spouse. So, I'm going to share some of the things I've learned really help me get through.

-Pace yourself in everything. Don't make any hasty decisions. Our minds are all over the place. We may want something one day, then have no interest in it the next. Make sure each decision is very thought out.

-Count your blessings.

-Invest and budget. Spending a ton of money may make you feel better now, but you will regret it in the end.

-Keep your closest friends and family very close. You will need them to pry you off the floor. Probably more than once.

-Choose your friends wisely. You're fragile. This is prime bad decision making time.

-You're going to make some mistakes in different areas of your life. Forgive yourself and use those to make better decisions in the future.

-Make your environment pleasant. Your house, your city, everything. Your surroundings WILL effect your mood.

-Get as much of the outdoors as possible. Sunshine will greatly improve your mood. If it's a cloudy day, take a bath and read a good, happy book like the "Happiness Project".

GOLD STAR DADS



Gold Star Dads of America

501 (c) (3) nonprofit public charity

The Gold Star Dads organization was created to bring together the 'gold star' fathers in a single community enabling them to honor and remember their son's or daughter's, and to support one another in their loss. First and foremost we are a Gold Star Family Support Organization.

Through our outreach to the Gold Star Families, and our veteran assistance projects we help provide public awareness and create a positive outlet for the Military and civilian communities to unite in a single effort.

It is our hope and prayer that God will continue to put His hedge of protection around the families of these fine Americans, continue to bless the Gold Star Dads of America organization, and guide us in His direction for our mission.

Gold Star Dads of America Inc.

10611 Hill Grass Dr
Moreno Valley, Ca 92557
951-833-2935

<http://www.GoldStarDads.org>



The mission of Gold Star Dads of America is to honor and celebrate America's Fallen Heroes, and to provide support and assistance to the families of soldiers who died while on active duty in any U.S. branch of service.

Freedom Isn't Free



"The average American will never understand the price of their freedom until they have been to the funeral of someone who has paid it".

Louann Thomas, Arizona State PGR

It is imperative that we as a nation never forget the ultimate sacrifice made by our fighting forces and the devastating impact death has on their families and friends.

GOLD STAR DADS CONT...

"you are not alone, life is not over, just different. This is a new beginning, a new normal and I will stand by your side every day until you are strong enough to stand alone".

Michael Klasno, Gold Star Dads

"Fathers Standing United for Faith, Family & Freedom"

Survivor Assistance Services

Gold Star Dads offers Survivor Assistance Services to any father or married couple whose son or daughter died while on active duty in any U.S. branch of service. This includes any Soldier, Airman, Sailor, Marine or Coast Guardsman, killed in combat, during a training accident or as a result of natural causes or suicide.

Grief Support

Everyone in this organization knows the devastation caused by the loss of a son or daughter; the grief can sometimes be unbearable. Sometimes, especially in the beginning, it's all we can do to just get out of bed. One of the hardest things for a Gold Star Dad is to just find someone to talk to that understands where you are and what you are feeling, men who offer a sympathetic ear, a firm hand to pick us up, or a shoulder to cry on.

Fellowship & Camaraderie

Gold Star Dads of America WILL NOT turn away any man who is grieving over the loss of his child and needs fellowship, consoling or prayer. Membership in Gold Star Dads of America makes you our Brother and we will stand by your side every day until you are strong enough to stand alone

Peer Mentors

Grief Support

Fellowship & Camaraderie



*"Stand Tall, Stand Proud
An American Hero is coming home"*

Dear friends,

Every day we come together with our hearts filled with both sorrow, and great pride to celebrate the lives of these fine young men and women. As we do, let us promise each other not to forget, nor let our children or their children forget, the ultimate sacrifice made by so many warriors so that we might live free. Because they paid the price with their lives, we bask in the sunshine of liberty; because of their unselfish devotion to honor, duty, and country, we reap the benefits of the freedoms and rights they fought for; and because they made the ultimate sacrifice, we as a nation enjoy the fruits of democracy and the rule of law.

To you, the families of our band of brothers, the Gold Star Dads of America pledge never to let our sons and daughters be forgotten or slighted. We intend to celebrate their lives with fond remembrance and great joy and to guard their memory and honor with vigilance.

God Bless you always

Michael Klasno

Gold Star Dads of America

JOANNE HOLBROOK PATTON MILITARY SPOUSE SCHOLARSHIP

The National Military Family Association is now accepting applications for its annual Joanne Holbrook Patton Military Spouse Scholarship Program. The Association recognizes the unique challenges today's military spouses face pursuing additional training or education. Scholarships of up to \$1,000 are awarded to help ease the financial obstacles that accompany pursuing a higher education.

Scholarship funds may be used for tuition, fees, and school room and board for:

- * General (High School GED, English as a Second Language, Post-Secondary, Graduate)
- * Professional Certification
- * Post-secondary
- * Graduate School
- * In-class or on-line
- * Full-time or part-time
- * Vocational Training

Applications will only be accepted online and must be submitted by midnight EST, January 31, 2012. Spouses of uniformed service members (Active Duty, National Guard and Reserves, Retirees, and Survivors) from any branch or rank are eligible to apply. The scholarship funds may be used to assist with tuition, fees, and school room and board.

Apply now!

<http://support.militaryfamily.org/site/R?i=e1kl5wo5KSLWE3cH7MV7eQ>

<http://support.militaryfamily.org/site/R?i=muj-B8HuXgO918qoaxnuyg>

IMPORTANT SCHOLARSHIP DATES!!!

December 1, 2011 – January 31, 2012 (midnight Eastern Standard Time) - Applications accepted online only

March 15, 2012 - Scholarship Award Letters emailed to recipients

April 30, 2012 - Verification information deadline (military dependent ID and school address)

June 1, 2012 - Scholarship checks mailed to student

Please visit <http://www.militaryfamily.org/our-programs/military-spouse-scholarships/> for more information.

HOPE FOR THE WARRIORS

Spring 2012 Scholarship Application

Hope For The Warriors®, as part of its effort to ensure that the sacrifices of servicemen and women and their families are not forgotten, nor their needs unmet, awards scholarships to U.S. military spouses of Wounded Service members and Fallen Warriors as defined below. The purpose of the scholarships is to identify, recognize and reward exceptional spouses for their strength, fidelity and resolve despite adversity and to aid in their continued education at a reputable, accredited college or trade school as they assume critical roles in the financial well being of their families.

Scholarship awards are \$5,000 to be made co-payable to the scholarship recipient's institution for payment of tuition, books and supplies and may be reapplied for up to four years for a maximum of \$20,000. The application process is the same for new applicants and renewals.

Please complete the following information. Only neatly completed applications will be accepted.

Name First _____ MI _____ Last _____

Date of Birth _____ SSN _____ Phone _____

Email Address _____

Street Address _____ City _____ State _____

Zip _____

Name of Sponsor _____ Rank E _____ O _____ Status ☐ AD ☐ RET ☐ DEC ☐ DIS

Branch or Service ☐ Army ☐ USMC ☐ Navy ☐ National Guard ☐ Coast Guard ☐ Air Force

Spouses' SSN _____ Spouses' Last Unit of Record _____

Nature of service member's injury _____

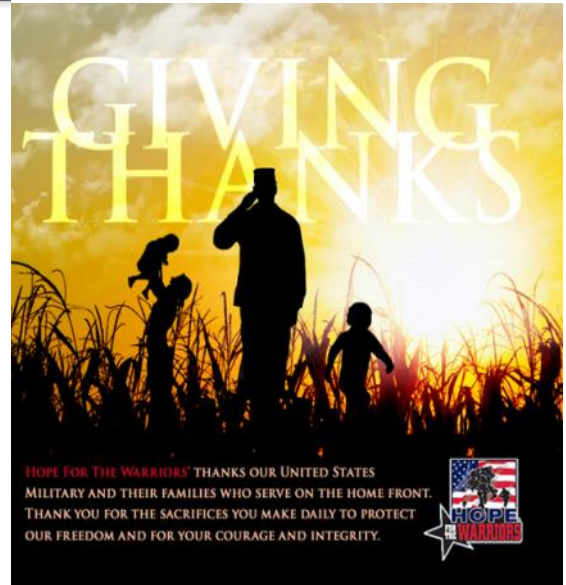
High School/College(s) Attended _____ City, State _____ Date of Graduation _____

Accredited College or Trade School you intend to apply to/have been accepted to/are attending _____

Anticipated Date of Graduation _____

Have you ever applied for the Hope For The Warriors® Scholarship in the past? ☐ yes ☐ no

If yes how many times? _____ If awarded, which scholarship and when? _____



For those interested in more information, please visit <http://www.hopeforthewarriors.org/>. Applications can be found by using the below instructions.

- 1) Go to <http://www.hopeforthewarriors.org/>.
- 2) Click "Programs" at the top of the page and select "Spouses Scholarships".
- 3) Please read carefully the information regarding the scholarship. Then click the "Applicant Eligibility/Requirements" link.
- 4) After reading the eligibility requirements, click the "Spring 2012 Application" link at the bottom of the page.
- 5) From there, you will be able to print and fill out the application in its entirety.
- 6) Questions regarding this application can be emailed to scholarships@hopeforthewarriors.org.

FIRST YEAR ADVICE FROM A SURVIVOR CONT...

- Allow yourself to grieve, but don't allow it to consume you. What works for me is setting aside time slots. During that time I look at pictures, I cry, I think about him, and then when my time is up I get back to my day.
- Exercise. I struggle with this, but when I do it I feel SO much better.
- On the flip side....indulge in good food. This could be a totally personal thing, but something about REALLY good food makes me very happy. Take your girlfriend to a really nice restaurant. Wear a dress. And enjoy.
- Be careful in relationships. Take things slow. I recommend starting out as friends. Just hang out and have fun. Make sure they know where you're at with all of "this". If things start to grow into a relationship... baby steps. There is no rush. If you go too fast you are risking a nasty rebound relationship and potential nasty breakup. I mean really... do we need that right now? And... there is no reason to feel guilty. Meeting someone else does not make you love your husband less. Sadly, he is gone. And we have two choices. We can either move on or die with them. Which would he want you to choose?
- Do something you've always wanted to do but never got around to.
- Take a vacation with a good friend. Even just a girls night on the town can do the trick!
- Listen to music that inspires you. Pandora.com has been a good friend of mine.
- Don't beat yourself up if it's taking you longer than normal to do daily tasks. It's ok. If you are having a really difficult time getting things done, ask someone for help. People want to help you.
- Do not give yourself a time-line for your grief. Let it play out on it's own.
- Pamper yourself. Get your hair done. Get your nails done. Even if you just have an at home spa day.
- Do something for someone else. Sometimes the best medicine is doing something for someone else. Maybe volunteer somewhere.
- Don't drink too much. I made this mistake at first. Drinking has never done anything for me but drown the pain for a night then give me a hangover. Drinking too much is going to take you down a very long, painful road. I'm not saying you can't have a few drinks with friends, just make sure you have control. Let your friends know if you think you may have a problem. They will help you.
- Love yourself. You deserve to be happy. You deserve to move on. He would want the same. You know he would.

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UPCOMING EVENTS

- "SPRING FLING" tentatively 24 March 2012 at 12pm.
- "SUMMER BASH" dates TBD.

SUPPORT GROUP ACTIVITIES

Memories can forever be cherished. Although it is difficult to see beyond the sorrow that is felt, may looking back at the memories of your Loved One comfort you tomorrow. The plates below express the memories and how each Service Member will "Never Be Forgotten". Each dinner plate signifies the spot at the table that each Loved One holds.



UPCOMING SUPPORT GROUPS

West Valley Support Group:

- 12 January 2012 at 6pm
- 09 February 2012 at 6pm
- 12 April 2012 at 6pm

Upcoming Prescott Support Group:

- 19 January 2012 at 2pm to 4pm and 6pm to 8pm.
- Location in the day will be at the Prescott Vet Center at 3180 Stillwater Drive Suite A, Prescott, AZ 86305.
- Location during the evening will be at Yavapai Community College at 1100 E. Sheldon Street, Prescott, AZ 86301.

East Valley Support Group:

- 26 January 2012 at 6pm
- 23 February 2012 at 6pm
- 26 April 2012 at 6pm

ROLL CALL

We thought of you with love today
But that is nothing new.

We thought about you yesterday
And days before that too.

We think of you in silence
We often speak your name.

Now all we have are memories
And your picture in a frame.

Your memory is our keepsake
With which we'll never part

God has you in His keeping
We have you in our Heart.

Author Unknown

SGT Allen, USA
SSG Andrade, USA
CW3 Arnett, USA
SSG Bukowski, USA
SGT Burch, USA
CW3 Chao, USA
SSG Chappell, USA
MG Coan, USA
PV2 DeVaul-McLemore, USA
SPC Donevski, USA
SSG Doran, USA
SPC Dudkiewicz, USA
SPC Edwards, USA
MG Fernald, USA
SSG Frampton, USA
SGT Galvan, USA
SGT Gill, USA
SSG Gonzalez, USA



SFC Hessler, ARNG
SPC Holder, ARNG
SPC Hughey, USA
SFC Hunter, USA
CPT Lindquist, USA
PFC Little, USA
MSG Mack, USA
SPC Mendez, USA
SPC Micula, USA
BG Morrison, USA
PFC Near, USA
CPT Paliwoda, USA
CPT Petty, USA
CPL Raderstorf, USA
SPC Schreiber, USA
MG Shinkle, USA
SPC Tuck, USA
SSG Van Hout, USA
MG Williams, USA

CHIEF STAFF OF THE ARMY

Please see below a personal and touching note from our Chief Staff of the Army (CSA), General Raymond Odierno addressed to the Surviving Family members of those Soldiers who gave their lives serving in Iraq. In light of the news of the end of the war in Iraq, the CSA wants to reassure our Gold Star Families how much they are thought of at this time and that neither they nor their loved ones are forgotten.

GEN Odierno's message is as follows:

We are all very much aware of the end of the war in Iraq. Just today the Chief of Staff, Army, (CSA) General Raymond Odierno, along with the Secretary of the Army, and Sergeant Major of the Army sent out a letter to the Soldiers, Civilians and Families who have all contributed to our success in Iraq.

As we pause to observe the end of Operation Iraqi Freedom/New Dawn, I want to extend my deepest gratitude to those who have borne the enormous burden of sacrifice on behalf of our Nation.

The Secretary of the Army, Sergeant Major of the Army and I have sent the attached letter to the force. I feel compelled, however, to address our Gold Star community personally.

No one knows the acute cost of war better than our Gold Star Families and as we close this chapter of our history, our Gold Star Families will always be honored and remembered by a grateful Nation.

I know that words will never fully express the sense of loss that you feel, but I assure you that our Army and our Nation will never forget those that bravely gave their last full measure in defense of our freedom.

I humbly thank all of you on behalf of the Soldiers, Civilians and Families of the United States Army.

General Ray Odierno
Chief of Staff, US Army

HOLIDAY TIPS CONT...

Don't be afraid to change your holiday traditions. Some traditions may be a comfort, while others can cause pain. Consider which traditions to keep, and which ones to forego this year. Do not feel like you have to do something because you have always done it that way.

Include your lost loved one in gift-giving. Consider making a donation to a charity in memory of your loved one. Give a gift on behalf of your loved one to someone else.

Create a tribute. Light a candle, display a favorite photograph, or set a place at the dinner table to represent the missing loved one. Consider writing a letter to your loved one about the holidays and your special memories with that person.

Be gentle with yourself. Realize that familiar traditions, sights, smells, and even tastes, may be comforting, or may jolt your emotions. This is the time of year when you need to be careful with your emotions and listen to yourself.

Attend holiday functions if you can. Consider attending holiday parties and events, especially if you'll be able to spend time with supportive family members and friends. Make an escape plan in case the event is more than you can handle, and trust your hosts to understand if you need to slip out. If you think a holiday gathering might be more than you can bear, it is ok to stay home.

Don't pretend you haven't experienced a loss. Imagining that nothing has happened does not make the pain of losing a loved one go away, nor does it make the holidays easier to endure. Even though holiday memories may be painful, they can be comforting. It is ok to talk with others about what you have lost and what the holidays mean to you.

Pay attention to your health. It's often difficult for people who have experienced a recent loss to sleep. Make sure you get regular rest and drink lots of water. Do not over-indulge in sweets or alcohol. If you feel overwhelmed, talk with your medical care provider.

Take stock of both joy and sadness. Give yourself permission to feel joy as well as sadness. Don't feel like you have to "be a certain way" because of your loss, or because it is the holidays. Just be yourself.

Express your feelings. Bottling up your feelings may add to distress, not lessen it. To express your feelings, use your creativity to write a poem, talk with a supportive friend, create a painting, or pen a journal entry.

Share your holiday season with someone else. There are many lonely people who might like to experience the holiday season alongside someone else. Consider volunteering with a local charity or soup kitchen, inviting a neighbor for a special holiday meal, or including others in your holiday activities.

For more tips on dealing with grief during the holidays, go to the TAPS website at www.taps.org or call the toll-free crisis line at 800.959.TAPS.

CONTACT INFORMATION

Stella Julander Cook
Office: 602-267-2171/2379
Blackberry: 602-301-8260
Email: stella.j.cook.ctr@us.army.mil

Brook Wiggins
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Blackberry: 602-750-2853
Email: brook.wiggins@us.army.mil

Kevin Herzinger
Office: 602-267-2172/2739
Blackberry: 602-301-0253
Email: kevin.k.herzinger@us.army.mil

Survivor Outreach Services Coordinator, Contractor Army Survivor Outreach (SOS) Program
5636 East McDowell Road, Bldg M5710 Attn: SOS Phoenix, Arizona 85008-3495

RESOURCES

Education Websites

Army Family Programs
www.arfp.org

Beaumont Foundation of America
www.bmtfoundation.com

Camp Solari
www.solarihospice.com/go2/solari-kids-camp.cfm

Child Grief Education Association
www.childgrief.org/

Children of Fallen Heroes
www.cfsrf.org

Children of Fallen Patriots Foundation
www.fallenpatriots.org

Children of Fallen Soldiers Relief Fund
www.cfsrf.org

Fisher House Foundation
www.fisherhouse.org

Folds of Honor Foundation
www.foldsofhonor.org

Scholarships

Spouse/Caregiver Spring 2012 Scholarship
<http://www.hopeforthewarriors.org/scholareligh.html>

FRY Scholarship
http://www.gibill.va.gov/documents/factsheets/fry_scholarship.pdf

Pat Tillman Scholarship
http://www.gibill.va.gov/resources/education_resources/Tillman_Scholarship.html

<http://www.foldsofhonor.org/scholarships>

<http://militaryscholar.org/index.html>

TRICARE

General number: 1-888-363-5433

North region: 1-877-874-2273

West region: 1-888-874-9378

South region: 1-800-444-5445

<http://www.tricare.mil>

Additional Resources

Military OneSource
<http://www.militaryonesource.com>

Army Survivor Benefits

1-800-626-3317

<http://www.armycasualty.army.mil>

Navy Survivor Benefits

1-800-368-3202

<http://www.npc.navy.mil/CommandSupport/>

Marine Corps Survivor Benefits

1-800-847-1597

<http://www.manpower.usmc.mil>

Air Force Survivor Benefits

1-800-433-0048

<http://ask.afpc.randolph.af.mil>

Coast Guard Survivor Benefits

<http://www.uscg.mil/ppc/ras/sbp.asp>

Please visit us on our website: <http://www.azguard.gov/families/SOS.htm>